

SMART FOODS, SUPPLEMENTS AND HERBS FOR INSULIN-RESISTANT MOTHERS WITH LACTATION PROBLEMS

Smart Foods for Insulin Resistance

- ☐ Legumes
- ☐ Garbanzo beans
- ☐ Kidney Beans
- ☐ Brown rice
- ☐ Cinnamon (½ tsp per day)
- ☐ Carob Powder

Dietary supplements to help diabetes

- ☐ Gymnema
- ☐ Magnesium
- ☐ Myo- and D-chiro-inositol 40:1

Foods high in inositol

- ☐ Cantaloupe ¼, (355mg)
- ☐ Orange (307mg)
- ☐ Grapefruit, ½ (199mg)
- ☐ Eggplant ½ c, (84mg)
- ☐ Kiwi, ½ c (136mg)
- ☐ Cabbage, ½ c (70mg)
- ☐ Brussel sprouts ½ c (80mg)
- ☐ Kidney beans, canned, ½ c (249mg)
- ☐ English peas, canned, ½ c (235mg)
- ☐ Green beans, ½ c (105mg)
- ☐ Wax beans, ½ c (144mg)
- ☐ Stone-ground wheat bread, 1 slice (287mg)
- ☐ Northern beans, canned, ½ c (440mg)
- ☐ Northern beans, dried, ½ c (327mg)
- ☐ Nectarine (118mg)

Foods high in chromium

- ☐ Orange
- ☐ Potatoes
- ☐ Broccoli
- ☐ Basil
- ☐ Garlic
- ☐ Red grapes

Foods rich in magnesium

- ☐ Bananas
- ☐ Broccoli
- ☐ Artichokes
- ☐ Watermelon
- ☐ Avocados
- ☐ Raspberries
- ☐ Salmon
- ☐ Blueberries
- ☐ Maple syrup

Smart herbal galactagogues for insulin resistance:

- ☐ Black seed
- ☐ Coriander seed
- ☐ Dandelion leaf
- ☐ Fenugreek
- ☐ Goat's Rue
- ☐ Malunggay/moringa
- ☐ Milk thistle
- ☐ Nettle leaf